

Director's Corner



CAN YOU MAKE A DIFFERENCE?

Sometimes we may feel like the things we do are insignificant, but it is often those things that make the greatest impact in people's lives. Have you ever been in the grocery store and the person in front of you didn't have enough money to pay for their items and you gave them the additional money needed? Or have ever

volunteer to babysit for a single mom so she could have a few hours for herself? Perhaps you cut the grass for an elderly neighbor. Maybe you coached a little league team and purchased uniforms.

Every day we have an opportunity to make a difference in the life of someone else. It may be at home, work, school, church or in our community. The reward is seeing the excitement or surprise on that person's face when they realize someone, often a stranger really cares.

The things you do to make a difference may never get televised, be on the front page of a newspaper, be liked on Facebook or even talked about; but just knowing that you made a difference warms your heart.

The deeds you do today, may one day cause you to be a "pioneer" in your field of work or in your service to mankind.

Through my sorority Alpha Kappa Alpha Sorority, Inc. during our Boule in July 2016, I was recognized on an exhibit in Atlanta Georgia for being a "Pioneer in the field of Social Science". Being the first in accomplishing something is good **BUT** only when you have actually put others before yourself.

Keep making a difference!

-Marva G. Scott, Director



Back to School

Know! Sleep Impacts School Success

For students everywhere, saying goodbye to summer break means also saying goodbye to their summer sleep schedule of staying up late and snoozing until lunchtime. For tweens and teens, this transition is especially challenging. Their body clocks are programmed to stay up later and sleep in later. And while it may be a struggle, sleep is an essential element for school success.

How much is enough? According to the National Sleep Foundation, the updated recommended range for school-age children (ages 6 – 13) is 9-11 hours of sleep; and teens (ages 14-17) are said to need 8-10 hours of sleep.

For many families, these numbers may seem unrealistic, given their child's school, work and extra-curricular activities schedule. Try motivating your child to improve his/her sleep habits with this list of sleep benefits – it just may catch their attention.

Getting the recommended amount of ZZZ's can:

Improve Memory: Whether you're studying for a math test or trying to memorize the steps to a new dance routine, you practice it over and over. But learning does not end when the lights go out. Your mind is surprisingly active during a good night's sleep. It works to absorb those math strategies or dance moves and strengthens your ability to remember them when you awake.

Spur Creativity: If you're having trouble coming up with a creative idea, experts say, "Sleep on it." During a quality night's snooze, the brain reorganizes and restructures your memory, aiding in creativity.

Sharpen Attention: Sleep deprivation affects adults and youth differently. While lack of sleep may cause mom and dad to feel sleepy, it can result in ADHD-like symptoms for youth (aka: slap-happy). Getting the needed amount of sleep helps a student to sit still and focus their attention in school.

Improve Athletic Performance: Yes, games are won on the practice field. But in addition to practice and hard work, a key factor in improving athletic performance is SLEEP! A Stanford University study found that college football players who tried to sleep at least 10 hours a night over a seven to eight week period, improved their average sprint time, had less daytime fatigue and increased stamina.

Improve Your Mood: Insufficient sleep can leave a person feeling irritable, anxious, short-tempered, depressed, stressed and/or mentally exhausted. No one wants to feel this way or be around someone who acts this way. On the other hand, a good night's sleep increases your chances of getting up on, "the right side of the bed."

Help Control Your Appetite: Sleep and metabolism are controlled by the same part of the brain. Sleep deprived fatigue can trigger an increase of hormones in your blood – the same ones that drive appetite. Sleep is food for the brain, and when our children's minds are not properly fed with the sleep they need, they may suffer academically, mentally, emotionally and/or physically. While it is not always easy for youth to achieve the nightly recommended hours of sleep, it is imperative, as their parents and caregivers, that we help them get as close to it as possible, as many nights as possible.

For tips on achieving healthy sleep, visit: <http://sleepfoundation.org/sleep-tools-tips/healthy-sleep-tips>

New Staff



**Jaquita Spragley, Family & Children
Medicaid– Tarboro**



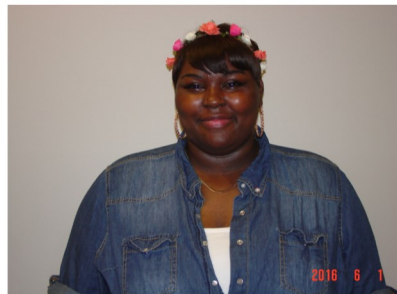
Tina Garrett, Child Support– Tarboro



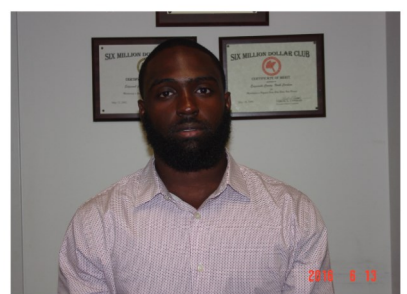
**Tamica Jones, Children Services
Team IV**



**Shaqeta Cooper– Children Services
Team III**



**Nyesha Moore-Family & Children
Medicaid– Tarboro**



**Timothy Walker, Child Support–
Rocky Mount**



**Daryl Long, Work First-Rocky
Mount**



**Wyndi Fountain– Family & Children
Medicaid– Tarboro**



**Markeya Minott– Children Services
Team 1-A**



**Barbara Taylor– Family & Children
Medicaid– Tarboro**



CONGRATULATIONS!

On August 11, 2016, Edgecombe County DSS was awarded the Excellence in Innovation Award sponsored by Local Government Federal Credit Union for the development and implementation of the **Fatherhood Initiative Program "Show Me the Way"** at The North Carolina County Commissioners Association Annual Conference. Marva G. Scott, Betty Battle, Commissioners Viola Harris and Wayne Hines accepted the award.



Pictured: Marva G. Scott, Betty Battle, Edwina Vann, Clara Dundas and Rocky Mount & Tarboro Child Support Units

DSS Foster Children High School Graduates



Heather Barfield

GED Graduate from OIC Rocky Mount



Not pictured: Kashunna Moore
Southwest Edgecombe High
School Graduate



Christian Ruffin

Southwest Edgecombe High School
Graduate



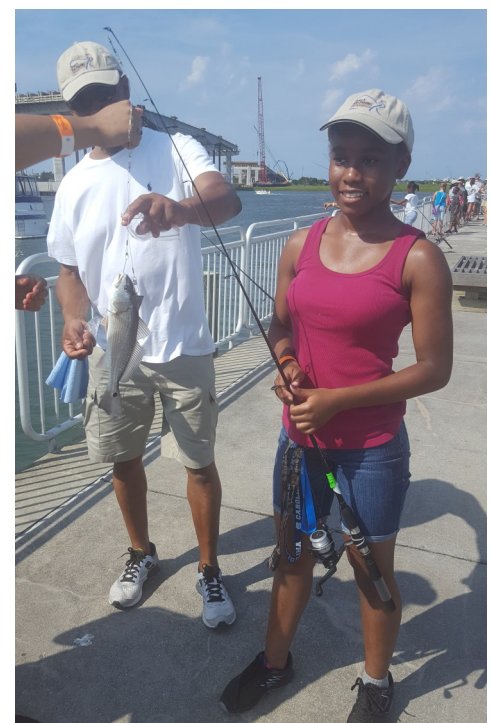
Foster Children Annual Fishing Trip at Atlantic Beach



Mabel Taylor-Jones, Social Worker
taking a moment to pose for a picture
with our children



Social Worker Jeffery Smith show-
ing a child how to fish



She caught one!





Foster Parent Banquet



HOW

LOW

CAN

THEY

GO?



Twin Counties Domestic Violence Task Panel Discussion

May 16, 2016

Impact Center- Word Tabernacle Church



Edgecombe County DSS Fatherhood Graduation

"Show Me The Way"



Sixth Edgecombe County Fatherhood Graduation Class
May 25, 2016



Seventh Edgecombe County Fatherhood Graduation
Class- July 20, 2016

2nd Annual "Show Me the Way" Fatherhood Event was held on August 20, 2016 at The Impact Center-Word Tabernacle Church, Rocky Mount.



Door Prizes
Legal Questions

Why Fathers Matter
Temporary Agencies



Dynamic Speakers



Child Support



Food



Community Events



Marva G. Scott, Director & Byron Williams, Transportation Coordinator attended the Summer Night Lights hosted by the City of Rocky Mount Parks & Recreation and Rocky Mount Police Department at Meadowbrook Park on August 12, 2016 in Rocky Mount where they had a table set up with Edgecombe County DSS information for the community.



Cara Brown, Social Worker, Byron Williams, Transportation Coordinator & Kimberly Nicholson, Interim Program Administrator attended the Women's Expo at Word Tabernacle Church on May 25, 2016.

2016 Edgecombe County Service Awards-DSS Staff



Congratulations!

Congratulations!

Pictured: (from left to right)- Marva G. Scott, (Speaker & Department Head), Bonnie Whitehurst (25 years), Samia Smith (30 years), Annetta Pitt-Brown (15 years), Susan Thomas (10 years), Chavonda Perkins-Ormond (5 years), Peggy Lewis (5 years), (2nd row) Anna Davis Perry (15 years), Timothy Walker (host), Shearin Clark (5 years), Bensanee Pittman (20 years), Clara Dundas (20 years), Jonah Williams (host), Betty Battle (30 years), Kimberly Nicholson (15 years), Malinda Ingram (25 years), Shirley Cotton (15 years) and pictured at the top Byron Williams (5 years).

Congratulations Recipients!!

Staff Corner



**3rd floor bulletin compliments of Team III
— Anna Davis Perry**

*"My 4 year work anniversary was on August 21st" -
Andrea Hicks*



My son Malik completed his first year at NCCU. Malik also received the 2016-2017 District #11 OES Fundraiser. He just had another success surgery as well. My youngest son Devonte' Gunn is a senior at Northwest Halifax High School & my daughter Shavonte Jones will start the school year as a Sophomore. On July 24, 2016 I was crowned as the 2016-2017 District #11 Order of the Eastern Star Queen. I will be competing in September for the state title."

"My 22nd work anniversary was July 5, 2016." - Elizabeth Beasley



Edwina Vann, Human Resource Placement Specialist was recognized by Roanoke-Chowan Community College as a graduate who continued her career with much success. See the full article at:
<https://www.roanokechowan.edu/archives/events/student-success-edwina-vann>



*Editor: Jessica
Pittman*



"I am so proud of our very own, Ms. Brenda Ricks (Adult Medicaid- Rocky Mt.) who received an Associate Degree in Science & Arts from Edgecombe Community College! (Pictured top left)

Brenda Daniels (Adult Services Supervisor) daughter Kimberly Dickens (Early College Student) received an Associate Degree in Arts from Edgecombe Community College! (Pictured top right)

Antoinette Farrior (Family & Children Medicaid – Rocky Mt.) sister Tasha Clark received an Associate Degree in Criminal Justice Technology from Edgecombe Community College!" (Pictured bottom left) Graduation at Edgecombe Community College on May 7, 2016

- Marva G. Scott, Director

